

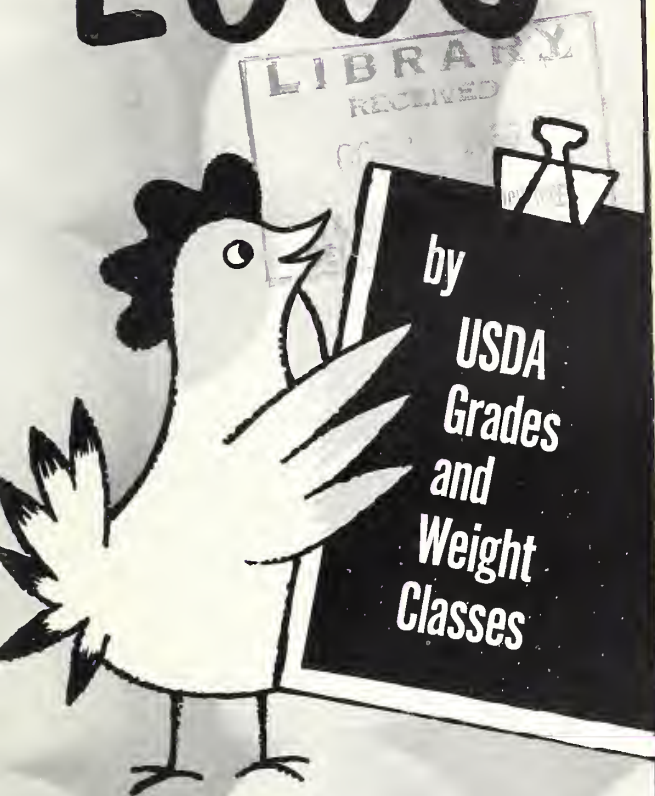
Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

Rev. 8/66 442

984L
Leaflet #442
2,2

How to Buy EGGS



CONSUMER AND MARKETING SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE

Leaflet No. 442

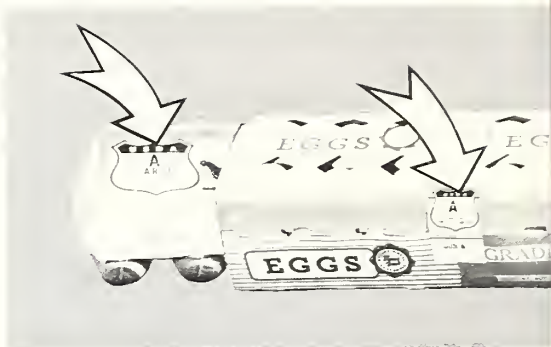
Revised August 1966

GRADE SHIELD



OFFICIAL USDA GRADE MARK is in the form of a shield.

It shows the grade (quality) of the eggs as certified by a technically trained Federal-State grader.



The mark may be printed on the carton—or on the tape that seals the carton.



CHECKED FOR QUALITY

By Hand

By Conveyor

By Instrument

GRADES (Quality)

GRADE refers to interior quality (see broken-out appearance below) and condition and appearance of shell.



Grade AA (or Fresh Fancy)

Egg covers small area; white is thick, stands high; yolk is firm and high.



Grade A

Egg covers moderate area; white is reasonably thick, stands fairly high; yolk is firm and high.

The three consumer grades are Grade AA (or Fresh Fancy), A, and B.

The higher quality eggs (AA or Fresh Fancy, and A) are ideal for ALL purposes, but are especially good

for frying and poaching where appearance is important.

Grade B eggs are good for general cooking and baking where appearance is not important.

SIZE (Weight Classes)

SIZE refers to minimum weight per dozen.

The size may be shown with in the grade shield or elsewhere on the carton.

Size and quality are not related—they are entirely different.

For example, large eggs may be of high or low quality; high quality eggs may be either Large or Small.

The sizes most often found are:

	Minimum Weight per Dozen
Extra Large	27 oz.
Large	24 oz.
Medium	21 oz.

Other sizes sometimes available are:

	Minimum Weight per Dozen
Jumbo	30 oz.
Small	18 oz.
Peewee	15 oz.



**CHECKED
FOR
WEIGHT**

SIZE AND PRICE

● EGG PRICES vary for the same grade, depending on the supply of the various sizes.

● Generally speaking, if there is less than a 7 cent price spread per dozen eggs between one size and the next smaller size in the same grade, you will get more for your money by buying the larger size.

LARGE	MEDIUM	SMALL
56¢	49¢	42¢

EGGS ARE A BARGAIN



● When Large eggs sell for 60 cents per dozen, that's the equivalent of 40 cents per pound—very reasonable for a pound of high protein food—especially when compared with the price per pound of meats and other foods.



Timely Tips

- Eggs are nutritious! They contain significant amounts of vitamin A, iron, protein and riboflavin (vitamin B₂) as well as smaller amounts of many other nutrients.
- Egg protein is so near perfection that scientists often use it as a standard to measure the value of protein in other foods.
- Eggs are an important, easily and completely digested food for all ages—from infancy to old age.
- The thick white cord-like material located on opposite sides of the yolk is called the chalaza and is a normal part of the egg. The chalaza holds the yolk in place in the white.
- Shell color is determined by breed and does not affect the grade, nutritive value, flavor, or cooking performance of the egg.

Buying and Using

- Purchase eggs from a refrigerated case. Refrigerate promptly at home—large end up, to help maintain quality.
- Both high temperatures and over-cooking toughen eggs.
- Eggs are versatile—serve them often—“as is” or in combination with other foods.
- When used in egg nogs, milk shakes, etc. or served slightly cooked, be sure to use high quality, clean, sound-shelled eggs.

Remember —

The USDA Grade Shield is Your Official Certification
to Both Quality and Size.

For sale by the Superintendent of Documents, U.S. Government Printing
Office, Washington, D.C. 20402 — Price 5 cents

